

# Meal Plan Guide

This is your Meal Plan Guide. These days may change depending on what your week looks like. As an example, I am using a workweek of M - F where you would plan during the weekend to have food for those days throughout the week. This is your plan so make any changes to the days that fit your schedule best.

## SATURDAY

@mrsmontgomeryfitlife

1. Spend some time thinking about what you want to eat next week. Google recipes that sound good or use Pinterest and social media for ideas. Thinking of meals will get easier as you go.
2. Write your plan for the week and the groceries you need in the template provided.
3. Time to go shopping! Do a pick-up order to make things even easier.

## SUNDAY

Today is your meal prep day. Look over your plan and start to prep.

1. Wash and cut your veggies and fruit. If eating alone as a snack, add them to containers and store them away.
2. Cook your meats in the crockpot, grill, oven, or air fryer.
3. If eating rice, grains, or beans, cook them in a pot on the stove.
4. Cook your veggies in the oven or air fryer.
5. Make any homemade dressings or condiments. Add them to small containers.
6. Assemble your meals and add them to containers.

## NIGHT BEFORE

1. Pack anything that won't spoil in your cooler the night before. (i.e., supplements, powders, bars, etc.)
2. Make your protein shake and store it in the fridge for the next day.
3. Prep your coffee - add to an auto timer if you have one.

## HELPFUL ITEMS

Meal Prep Containers

Reusable Supplement Packets

Glass Cups with Lid & Straw

# Sample Grocery List



## PROTEINS

- Grass-fed Beef
- Organic Pasture-Raised Chicken
- Organic Pasture-Raised Eggs
- Grass-Fed Protein Powder
- Collagen Peptides
- Safe Catch Tuna

## FRUITS & VEGGIES

*In-season organic, when possible. Refer to the dirty dozen list when shopping non-organic.*

- Green Beans
- Brussel Sprouts
- Broccoli
- Sweet Potato
- Potato
- Squash/Zucchini
- Leafy greens
- Carrots
- Asparagus
- Shallots
- Apples
- Berries
- Banana
- Lemon/Lime
- Beets
- Acai
- Dates

## DRINKS

- Low Sugar Kombucha
- San Pellegrino Mineral Water
- Organic Coffee
- Teas
- Matcha

## PASTA & GRAINS

- Jovial Organic Pasta
- Heart of Palm Pasta
- Sprouted Steel Cut Oats or Rolled Oats
- Organic Quinoa
- Organic White Rice
- Organic Lentils

## DAIRY

- Organic Plain Greek Yogurt
- Organic Grass-Fed Milk
- Organic Plant Based Almond / Coconut Milk - without seed oils or additives
- Organic Cheeses

## COOKING ESSENTIALS

- Apple Cider Vinegar
- Local Honey
- Almond, Cassava, and/or Wheat Flour
- Organic Cold-Pressed Olive Oil
- Organic Avocado Oil
- Coconut Oil
- Ghee
- Coconut Sugar
- Liquid Aminos
- Pure Maple Syrup
- Organic Bone Broth


## HERBS, SPICES, CONDIMENTS

- Garlic Powder
- Onion Powder
- Paprika
- Mustard Powder
- Dijon Mustard
- Salt/Pepper
- Turmeric
- Primal Kitchen Avocado Mayo
- Siete Botana Sauce

## NUTS/SEEDS

- Organic Almond/Peanut Butter
- Walnuts/Almonds/Pecans/Pistachios
- Chia Seeds
- Ground Flaxseed
- Sprouted Pumpkin Seeds

## SNACKS/OTHER

- Organic Thrive buttery coconut oil
  - Non-GMO Organic Popcorn Kernels
  - IQ Bars
  - Siete, Jackson's or Boulder Canyon chips
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# MEAL PLANNER

Week:

	BREAKFAST	LUNCH	DINNER	SNACKS
MON				
TUE				
WED				
THU				
FRI				
SAT				
SUN				

## GROCERY SHOPPING LIST

# MEAL PLANNER

Week:

	BREAKFAST	LUNCH	DINNER	SNACKS
MON				
TUE				
WED				
THU				
FRI				
SAT				
SUN				

## GROCERY SHOPPING LIST

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